

Protect yourself and your loved ones this holiday season.

Get your flu vaccine!

Influenza season is here!

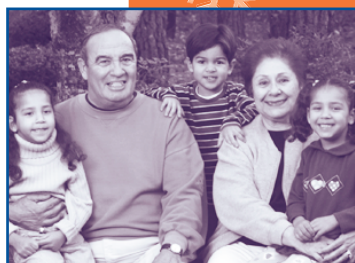
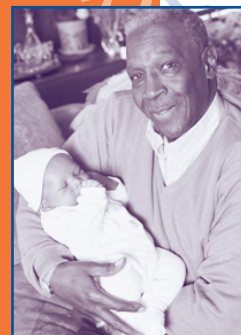
- The best way to protect yourself, your family and friends is to get your flu vaccine.

Influenza is a serious disease.

- Each year in the U.S., an average of 36,000 people die from complications related to the flu.
- Thousands are hospitalized each year due to flu—especially children under age two and adults age 65 and older.

It's particularly important for the following people to get vaccinated:

- People age 50 or older
- Anyone—of any age—with a chronic medical condition such as
 - heart disease
 - asthma or chronic bronchitis
 - diabetes
 - renal (kidney) problems
 - HIV/AIDS
 - other immune suppression
- Pregnant women
- Children age 6 to 23 months
- Household contacts or care givers of anyone listed above
- Healthcare providers



Department of Health and Human Services
Centers for Disease Control and Prevention



For more information,
ask your healthcare provider or call
800-CDC-INFO (800-232-4636)
Website www.cdc.gov/flu